The Düsseldorf model for promoting mobility, sport and talent (DüMo)

A best practices model that has proved itself over the past 8 years

Speakers:
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Boris Kemper (athletica – Düsseldorf)
Düsseldorf dates and facts

• **habitants:** 585,054

• **area:** 217 km²

• **organisation:**
  
  10 districts with 49 quarter

• **primary- und special school**
  - scholars: 112
  - scholars: 21,703

• **„Hauptschulen“**
  - scholars: 14
  - scholars: 4,691

• **secondary modern school**
  - scholars: 13
  - scholars: 6,718

• **grammar school**
  - scholars: 21
  - scholars: 18,413

• **comprehensive school und Frei Waldorf-Schulen**
  - scholars: 8
  - scholars: 5,597
History

• Council mandate (2001)
• Employment of sports teachers (2002)
• Drafting of concept (2002)
• Presentation of sports committee (2002)
• 2nd Sports forum (2002)
• PC presentation Check! (2003)

Responsible authority:

Evaluation by:
DüMO "The Düsseldorf model for the promotion of mobility, sports and talent"
Elementary level

1. Training options for educators
2. Training options for trainers
3. Mobility kindergarten
4. Cooperation: Club / kindergarten / school
5. Kindergarten sports days and mobility days
6. “Preschool swimming”: Sports department / Baths operator / Kindergarten
Preschool swimming

- Responsibility for water lies with baths operator
- Costs borne by Sports department
- Learners' bath's (exclusive use)
- Small groups
- 26 kindergartens taking part
Health checks for school beginners

have included new sports/motor tests since 2004

- Standing-On-One-Leg (60s)
- Jumping-Side-To-Side (10s)
- Standing-Long-Jump
- Stand-And-Reach
- Crossgrip
- Sit-ups (40s)
- Lateral transposition

+ height and weight
Teacher training

- Primary school teachers
- Theory and practice of Check!
Follow-up events

Mobility promotion
- Remedial sports education
- Healthy & Happy days

Sports promotion
- Olympic Adventure Camp
- Actions at school events with SSB
- Info booths on club sports at events

Talent promotion
- Invitation to trial training: support points gymnastics and Rhythmic gymnastics
- Talent groups
• city-wide sports/motor test of a single school year (all 2nd grades)
• Participation of all 2nd graders at city schools (+ remedial schools) in Düsseldorf
Participant figures Check!

- bewertete Schüler
- nicht bewertete Schüler
10m sprint
Obstacle race
Stand and Reach
6 min run
Ball legs wall
Standing long jump
Sit-ups
Medicine ball throw
Speed
Coordination
Strength
Since 2008: Standing long jump instead of throwing at target
+ Kids’ survey
Anthropometry
Strength
Mobility
Stamina
Sit-ups
Stand and Reach
6 min run
Speed
Strength
Strength
Stamina
Coordination
Mobility
Anthropometry
Problem since 2006: Standard values

New batteries of test / new standard values
- MoMo (Bös et al., 2002)
- Children's gymnastics test (Bös et al., 2006)
- MRI Test (Bös et al., 2007)
- Preparation NRW school sports test (Fitness test NRW, 2009) and DMT (Deutscher Motoriktest (German Motor Capability Text), 2009), (IM NRW and SMK)

"Irritating evaluation profiles in DüMo"
"Irritating evaluation profiles"
Motor fitness 2008 - individual tests


The diagram shows Z values for different motor fitness tests compared to the standard.
Problem since 2006: Standard values

**Meaning of standardisation**
"Only" ancillary quality criterion - but highly relevant to assessment of performance and classification in performance groups of mobility, sports and talent promotion
Example: "Marks" 1 to 5 in KATS-K (Bös et al., 2001)
Problem since 2006: Standard values

Problems of standardisation

1. Statistics
   • Normal distribution is not always given in large samples (cf. Büsch et al., 2009)
   • Despite this, typically creation of standard values via Z values (cf. Bös et al., 2001, 2009)
   • Percentiles from this "artificial" and incomplete (61 Z values à 100 PR)
   • Adequate: T values or transformation in line with LMS method (Cole & Green, 1992)
### Standard evaluation - based on standards by Bös et al. (2001)

#### Age 7.0-7.11

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<thead>
<tr>
<th>Z</th>
<th>PR</th>
<th>86 - 8</th>
<th>88 - 12</th>
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#### Age 8.0-8.11

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KATS-K - Standard values in line with BÖS et al. (2001)
Problem since 2006: Standard values

Problems of standardisation

2. Assessment of performance
   • Problem: Correctness of age/development adequate assessment
     Annual reference values insufficiently granular for children due to development

Example: Standard value for a 6 year-old child applies
   from 6 years 0 days to 6 years 364 days
   NB: ± 1/6 (approx. 17%) of the child's life

• Problem: Development does not take "jumps" into account; annual division "artificial"
• Problem: Relative age effect in talent screening
  à The older members of the year are treated preferentially
Problem since 2006: Standard values

Problems of standardisation

3. Analogy and compatibility to other standardisation in childhood
   • Pediatricians typically use constant development graphs, or quarterly or bi-annual standards instead of fixed annual standards
   • Examples:
     • U check-ups with respect to height and weight,
     • BMI percentiles in line with LMS method (Kromeyer-Hauschild et al., 2001)
Evaluation of Body Mass Index (BMI)

LMS Method (Cole & Green, 1992; Kromeyer-Hauschild et al., 2001)
LMS method and DüMo

- Calculation of percentiles from the DüMo raw data ($N = 35,688$)
- Creation of a continuous and smooth age-driven functional characteristic with the LMS method from DüMo raw data
- Preconditions: All age and gender dependent quarters populated with at least $N = 100$
- Age span divided into quarters for improved handling: 6.4 to 11.3
- Plausibility check of LMS graphs generated based on various model variants.
"Motopercentile" - example 6 min. run

Moto percentile based on LMS method
(Cole & Green, 1992; Cole & Pan 2002)

Comparative values
"Mean values" (Z values)
(Bös et al., 2001)
Organisation of dates and staff planning via Internet

Entries are made in the editing area
- for the test date
- more dates as needed
- Number of children/classes
- Notes by testers
- Time of test
- Special remarks
<table>
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<tr>
<th>Test</th>
<th>Kategorie</th>
<th>Ergebnis</th>
<th>Bewertung</th>
<th>Testdatum: 13.05.2009</th>
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<td>Schnelligkeit</td>
<td>2,08 s</td>
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<td>Ball / Beine / Wand</td>
<td>Koordination</td>
<td>30 Punkte</td>
<td>★★★★★★ PR 82</td>
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<td>Hindernislauf</td>
<td>Koordination</td>
<td>22 s</td>
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<td>Medizinballstoßen</td>
<td>Kraft</td>
<td>490 cm</td>
<td>★★★★★★ PR 95</td>
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<tr>
<td>Standweitsprung</td>
<td>Kraft</td>
<td>150 cm</td>
<td>★★★★★★ PR 89</td>
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</tr>
<tr>
<td>Situp</td>
<td>Kraft</td>
<td>27 Wdh</td>
<td>★★★★★★ PR 88</td>
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<tr>
<td>Rumpfleibbeuge</td>
<td>Beweglichkeit</td>
<td>28 cm</td>
<td>★★★★★★ PR 37</td>
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<td>Sechs-Minuten-Lauf</td>
<td>Ausdauer</td>
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<td><strong>Gesamtbewertung</strong></td>
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<td>★★★★★★ PR 76</td>
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</table>


- Evaluation for each child (with acquiescence)
- Depending on performance offer for
  - Mobility promotion
  - Sports promotion
  - Talent promotion
- Class lists to teachers
Recommended sporting discipline

Welche Sportart für Ihr Kind?

Wichtigste Empfehlung: „Mach’ die Sportart die dir Spaß macht“

Die geeignete Sportart lässt sich nach Neigung des Kindes und nach Eignung des Kindes ermitteln.

Hilfreich bei Suche nach Neigung können folgende Eingrenzungen sein:

- **Mannschaftssport** (z.B. Fußball, Handball) oder **Einzelentsportarten** (z.B. Leichtathletik, Tennis, Schwimmen)
- **Mit „Sportgeräten“** (z.B. Ball, Schläger bei Tennis) oder **ohne „Sportgeräte“** (z.B. Schwimmen) oder hoher Anteil an *Eigenkörperkoordination* (z.B. Gleichgewicht, Rotation bei Turnen, Trampolinjumps)
- **Mit Körperkontakt** (z.B. Judo, Tanzen) oder **ohne Körperkontakt** (z.B. Tennis, Tischtennis)
- **Einfache Bewegungsabläufe** (Laufen) oder **komplexe Bewegungsabläufe** (z.B. Turnen) oder **komplexe Spielformen** (z.B. Eishockey)

Verbesserung der sportmotorischen Grundeigenschaften

Sportliches Interesse der Kinder (Neigung):

- **Mit Ballsportarten**, **Mannschaftssportarten** lassen sich folgende sportmotorische Grundeigenschaften gut verbessern: **Koordination, Schnelligkeit, Ausdauer**
- **Interessens Neigung**: Mannschaftssport, mit Sportgerät, bedingt mit Körperkontakt
- **Mit Kampfsportarten** lassen sich folgende sportmotorische Grundeigenschaften gut verbessern: **Koordination, Schnelligkeit, Beweglichkeit**
- **Interessens Neigung**: Einzelsport, ohne Sportgerät (z.B. Judo, Boxen, Ringen, Taekwondo, Karate), mit Sportgerät (z.B. Fechten, Schwerathletik), intensiver Körperkontakt (z.B. Judo, Ringen) / **Kontaktsportarten** (z.B. Boxen, Taekwondo)

Mit Leichtathletik, **Sprint, Sprung, Wurf** lassen sich folgende sportmotorische Grundeigenschaften gut verbessern: **Koordination, Schnelligkeit, Kraft**
- **Interessens Neigung**: Einzelsport

Gute Voraussetzungen (Eignung) für Sportarten

Mit Hilfe der Auswertung des **Check! ReCheck!** und der untenstehenden Tabelle können Sie zusätzlich Sportartempfehlungen nach Eignung für Ihr Kind ermitteln. Die Tabelle zeigt, welche sportmotorischen Grundeigenschaften (Schnelligkeit, Koordination, Kraft, Beweglichkeit, Ausdauer) für welche Sportarten „sehr gut“ (+++), „gut“ (+) oder „weniger wichtig“ (+) sind.

<table>
<thead>
<tr>
<th>Sportart</th>
<th>Schnelligkeit</th>
<th>Koordination</th>
<th>Kraft</th>
<th>Beweglichkeit</th>
<th>Ausdauer</th>
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<tr>
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<td>++</td>
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<td>++</td>
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<td>(Fussball, Handball, Basketball, Hockey usw.)</td>
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<tr>
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<td>+++</td>
<td>+</td>
<td>+++</td>
<td>+</td>
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<tr>
<td>(Taekwondo, Karate, Fechten usw.)</td>
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<tr>
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</table>
Following Check! 31,145 recommendations for action have been given in the past seven years.
end of part 1

Discussion
Check! and Düsseldorfer Motoperzentile

followed by
the follow-up events
Talentiade – Talent search measure Check!

• approx. the best 10% are invited
• selected sports screen the children and present themselves
• the criteria defined for the sporting disciplines are:
  • Olympic sports
  • Support points or Federal League in Düsseldorf
  • Entry age 2nd grade
  • Constant promotion
• Completing a sports circuit course
• Background on the subject of competitive sport and its structures in Düsseldorf
• receive recommendations from trainers and dates for second screening
Talentiaade

- "Reward" for the children
- Presentation of club offers
- Background on the subject of competitive sport and its structures
- Highly valued by children and parents
- High level of expectations from parents
- Children with good motor capabilities
- Large number of children already in clubs are
- Cooperation between clubs improved
- approx. 200 participators per year
Talent groups - talent promotion measure Check!

• Additional offers after Talentiade
• 80 participators per year
• cross-school support for talents in the OGS area
• daily offerings in former sports institute
• supplements training in clubs, no competition
• Objective of training
  • To promote widespread motor development
  • strength training designed for children
  • advice to children/parents in the field of competitive sports
  • additional chance to find the right sporting discipline
KIDS IN ACTION powered by Stadtwerke Düsseldorf

Sport information fair for children

- Demonstrate the versatility of Düsseldorf’s sports landscape
  - with attractive and active participation events
  - general information on sports
  - information on specific sporting disciplines
  - Fun and games, sports and mobility
- Get to know previously unknown sporting disciplines
- Orientation for children and parents
- Advertising for sporting disciplines
- Advertising for clubs
- Arousing interest in sports
KIDS IN ACTION powered by Stadtwerke Düsseldorf

Sport information fair for children

• 2005 First Kids in action with approx. 800 visitors
• 2006 Second Kids in action with approx. 1500 visitors
• 2007 Third Kids in action with approx. 2500 visitors
• 2009 Fourth Kids in action with approx. 5000 visitors
• 2010 fifth Kids in action with approx. 1000 visitors
  (weather problem)
    • Mainly primary school children

• Cooperation with baths operator and SSB
• Since 2006 Stadtwerke Düsseldorf as brand name sponsor
• Support from professional sportspersons from HSG, Fortuna, Giants
Development of the memberships of the StadtSportBund Düsseldorf

Mitglieder SSB Düsseldorf

2003: 110588
2006: 111627
2009: 116436

+ 5,3%

Mitglieder (bis 18) SSB Düsseldorf

2003: 32701
2006: 34497
2009: 36442

+ 11,4%

Quelle SSB Düsseldorf 2010

Start DüMo
1. Check!
1. KIA
2. KIA
3. KIA
4. KIA
1. ReCheck!
5. KIA

1. KIA
2. KIA
3. KIA
4. KIA
5. KIA
Mobility

2003:
• Sports day for 486 "deficit" children
• Participation of 20 %
• Good event, low level of sustainability

since 2004:
• Establishment of promotional courses
• Very good response of approx. 40 %
  Good level of sustainability
• Water-based mobility promotion
• Mobility and nutrition

since 2008:
healthy and awake Days

since 2009:
Integration with OGS
Integration through sport
Mobility promotion groups

- For children with mobility deficits
- Also at remedial schools (LB, GB)
- In gyms and baths
- Clubs / Psychomotor therapists / Baths operator
- Psychomotor approach
- Based on needs
- Cross-school
- Integration with OGS
Fitness Map
Düsseldorf
(2nd grade 2003-2005)
Social/spatial breakdown

- Living space standard (m²/inhabitant)
- Number of foreigners from selected nations
- Social security quota of children (<18 years)
- Social security quota of adults (>18 years)
- Number of persons with housing allowance application

166 communities were classified
"Needs for social action" and physical fitness
(2nd graders 2003-2007)
Improvement of prevalence of overweight and obesity

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Obesity

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Boys and girls pr>=90

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<td>16.0</td>
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<td>3</td>
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</tr>
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<td>4a</td>
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</tr>
<tr>
<td>5</td>
<td>22.9</td>
<td>27.1</td>
</tr>
</tbody>
</table>
2nd graders with pr>=90

- Category "1" (well-off)
- Category "5"

<table>
<thead>
<tr>
<th>Year</th>
<th>Category &quot;1&quot;</th>
<th>Category &quot;5&quot;</th>
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<tr>
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<td>15.2</td>
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<td>10.9</td>
<td>25.5</td>
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<td>11.0</td>
<td>21.5</td>
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<td>2006</td>
<td>12.4</td>
<td>26.2</td>
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<tr>
<td>2007</td>
<td>9.2</td>
<td>31.8</td>
</tr>
<tr>
<td>2008</td>
<td>7.3</td>
<td>27.7</td>
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<td>2009</td>
<td>6.1</td>
<td>26.1</td>
</tr>
<tr>
<td>2010</td>
<td>6.6</td>
<td>32.4</td>
</tr>
</tbody>
</table>
Membership in sports club

"Are you a member of a sports club?" (check! 2003-2005)
Membership in a sports club
"Are you a member of a sports club?" (check! 2003-2005)
"Need for social action" and membership of sports club

"Are you a member of a sports club?" (check 2003-2007)
Integration in sport

• identification of the problem
• project: authorised person of integration for the DüMo
  • one person only for this project
  • contact person for the clubs, kids, schools and parents
  • developing projects with clubs (involvement of the parents)
  • tests in schools with high integration
• city-wide sports/motor test of a single school year (all 5th grades)
• Participation of all 5th graders in Düsseldorf at participating secondary schools
• Participation quota of schools: 85 %
Physical fitness ReCheck! 2005-2009 - overall score

(Durchschnittsnote)

<table>
<thead>
<tr>
<th>Year</th>
<th>Score</th>
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<tbody>
<tr>
<td>2005</td>
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<td>2006</td>
<td>2.68</td>
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<td>2007</td>
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<tr>
<td>2008</td>
<td>2.88</td>
</tr>
<tr>
<td>2009</td>
<td>2.88</td>
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Comparison Check! 2007 and ReCheck! 2009
(N= 1.972 mergable)
Comparison Check! 2005 and ReCheck! 2007

Motorische Gesamtleistung

Comparison Check! 2005 and ReCheck! 2007

Check 2005 and Recheck 2007
Comparison of overweight Check! - ReCheck!
Mobility promotion ReCheck!
• Mobility promotion groups at secondary schools
• Support from clubs in implementing the LSB projects (e.g. "schwer mobil" ("Mass mobility"))
• Integration through sports (promotion groups)

Sport promotion ReCheck!
• Kids in action powered by Stadtwerke Düsseldorf
• Integration through sports (link to club)
Talent day
(talent search measures)
• city-wide sports/motor test of a single school year (all 10th grades)
• Start 2010 with pilot phase
  • 20 schools participating in test
  • all schools will receive surveys
• Objective in 2011 participation of all schools
ReCHECK!²

- Speed
  - 10m sprint

- Strength
  - Sit-ups

- Mobility
  - Stand and Reach

- Stamina
  - 6 min run

+ Kids’ survey

Anthropometry
investment

95.000,- Euro per year
plus intern administration costs (f.ex. print)

investment per achieve kid approx. 11,86 Euro
Conclusions on "DüMo"

- Successful and acknowledged program in Düsseldorf for 7 years
- Public coordination office is useful and simplifies matters
- Relatively low cost of measures at all levels / in all areas
- Constructive scientific support is useful (apl. Prof. Dr. Stemper)
- Predictors for or against sports can be derived from data:
- Target-oriented measures by city possible based on records
- Involvement of clubs makes sense
Thanks for your attention!

More information
www.check-duesseldorf.de